



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 19103, Candies, fudge, vanilla, prepared-from-recipe**

**Report Date: June 26, 2017 17:55 EDT**

Nutrient values and weights are for edible portion.

Food Group : Sweets

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
<b>Proximates</b>					
Water	g	10.85	--	--	3.08
Energy	kcal	383	--	--	109
Energy	kJ	1602	--	--	454
Protein	g	1.05	--	--	0.30
Total lipid (fat)	g	5.45	--	--	1.55
Ash	g	0.34	--	--	0.10
Carbohydrate, by difference	g	82.15	--	--	23.29
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	79.77	--	--	22.61
<b>Minerals</b>					
Calcium, Ca	mg	38	--	--	11
Iron, Fe	mg	0.02	--	--	0.01
Magnesium, Mg	mg	3	--	--	1
Phosphorus, P	mg	30	--	--	9
Potassium, K	mg	49	--	--	14
Sodium, Na	mg	47	--	--	13
Zinc, Zn	mg	0.15	--	--	0.04
Copper, Cu	mg	0.004	--	--	0.001
Manganese, Mn	mg	0.002	--	--	0.001
Selenium, Se	µg	1.7	--	--	0.5
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.014	--	--	0.004

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Riboflavin	mg	0.074	--	--	0.021
Niacin	mg	0.038	--	--	0.011
Pantothenic acid	mg	0.119	--	--	0.034
Vitamin B-6	mg	0.009	--	--	0.003
Folate, total	µg	1	--	--	0
Folic acid	µg	0	--	--	0
Folate, food	µg	1	--	--	0
Folate, DFE	µg	1	--	--	0
Choline, total	mg	5.3	--	--	1.5
Vitamin B-12	µg	0.08	--	--	0.02
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	46	--	--	13
Retinol	µg	45	--	--	13
Carotene, beta	µg	10	--	--	3
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	168	--	--	48
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.14	--	--	0.04
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.5	--	--	0.1
<b>Lipids</b>					
Fatty acids, total saturated	g	3.382	--	--	0.959
4:0	g	0.199	--	--	0.056
6:0	g	0.133	--	--	0.038
8:0	g	0.088	--	--	0.025
10:0	g	0.161	--	--	0.046
12:0	g	0.165	--	--	0.047
13:0	g	0.000	--	--	0.000
14:0	g	0.498	--	--	0.141

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
15:0	g	0.000	--	--	0.000
16:0	g	1.441	--	--	0.409
17:0	g	0.031	--	--	0.009
18:0	g	0.659	--	--	0.187
20:0	g	0.007	--	--	0.002
22:0	g	0.000	--	--	0.000
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	1.399	--	--	0.397
14:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.052	--	--	0.015
18:1 undifferentiated	g	1.341	--	--	0.380
20:1	g	0.005	--	--	0.001
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.227	--	--	0.064
18:2 undifferentiated	g	0.186	--	--	0.053
18:3 undifferentiated	g	0.040	--	--	0.011
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.179	--	--	0.051
Cholesterol	mg	15	--	--	4
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0